

Checklist for Suicide Prevention

Good Leadership is Good Prevention

- Create an atmosphere of trust and a work climate that fosters communication
- Know your people, walk around your duty section every day, talk to Airmen about their personal lives and interests, and spend time listening to their concerns
- Encourage healthy lifestyle choices by role modeling healthy behavior and values
- Encourage Airmen to look out for each other and be great Wingmen
- Publicly encourage help-seeking behavior and emphasize that asking for help is OK
- Know the critical warning signs (depression, hopelessness, social isolation, etc.)
- Ask the tough questions (i.e., about life, distress, suicidal ideation, alcohol use, etc.)
- Express caring and hope - Compassion isn't weakness or lack of resolve

Wingmen Look Out for Each Other

- Put the Wingman ideal into practice every day
- Take responsibility for one another; act decisively when you see someone in crisis
- Don't miss an opportunity to make a critical difference to someone who may be suffering in silence
- For those struggling with suicidal thoughts/feelings help is available through your chain of command, your local Medical Treatment Facility and your Mental Health Clinic
- Reach out to someone you trust, and ask for help
- A wealth of information is available on the Air Force Suicide Prevention Program Web site at <http://afspp.afms.mil>